



Hello and Welcome to our December Newsletter.

As we reach the close of the year, we want to send warm festive wishes to everyone in our ARC community. This season invites us to pause, reflect, and gently acknowledge those we've loved and lost, while also embracing the hope and light that guide us into a new year.

Finding Light in Reflection

At ARC, we understand that life after cancer can bring its own challenges — including the ongoing worry that the illness might return. These feelings are completely natural, and you are not alone in experiencing them.

This December, we're offering a **Fear of Cancer Recurrence Workshop**, created to support anyone who has finished treatment or is on a maintenance plan.

Our aim is to help you feel grounded, supported, and empowered — reminding you that hope endures, even in moments of uncertainty.

Newsletter Update

From January, our newsletter will move from a monthly to a quarterly format. However, the monthly services calendar will continue to be shared so you always have the latest updates on supports available across our centres.

Stay Connected With Us

Thank you for being a part of our community. Together, we make a difference in the lives of those affected by cancer.

If you are interested or have a question on how we can support you, please call us on 01 215 0250 or e-mail us on info@arccancersupport.ie.



Deirdre Grant

CEO, ARC Cancer Support Centres

Heart Fundraising Update

🌟 A Season of Giving, Connection & Community**

As the festive season settles in, December has brought moments of warmth, generosity, and togetherness across the ARC community. From our joyful ARC Christmas Lunch on 29th November to the launch of our heartfelt Christmas Appeal, this month has reminded us of the true spirit of connection – one that shines brightest when people come together in support of families facing cancer.

💛 ARC Christmas Lunch – A Gathering Filled With Joy & Generosity

Held on a crisp winter Saturday, this year's Christmas Lunch was a beautiful celebration of community. Clients, families, volunteers, and supporters joined us for an afternoon filled with conversation, laughter, good food, and festive warmth.

It was a chance to pause, reflect, and feel the strength that comes from being surrounded by people who care.



The generosity shown on the day, both in presence and in spirit, will help ensure ARC can continue offering free services to anyone affected by cancer. We are deeply grateful to everyone who attended and made the day so special.

🎄 ARC Christmas Appeal – A Story of Love, Loss & the Power of Support

This year's Christmas Appeal tells the deeply touching story of Siobhán, her beloved husband Peter, and their three boys.

Their journey – shared bravely and generously – speaks to the heart of why ARC exists.

As described in **Siobhán's letter**, Peter fought a relentless four-year battle with cancer while Siobhán tried to hold their world together for their sons, who were just 11, 8 and 6 when he passed. Through counselling, acupuncture, reflexology, and therapeutic programmes like CLIMB, ARC supported the family through fear, uncertainty, and grief.



This Christmas, our appeal invites the community to offer that same hope to another family navigating a difficult journey – and the response so far has been incredibly moving.

❤️ A Final Note of Gratitude

Thank you to everyone who supported ARC throughout the year – whether by attending events, sharing our messages, or contributing to the Christmas Appeal. Your kindness helps ensure we can continue supporting individuals and families affected by cancer.

If you'd like to hear more about upcoming fundraising activities or ways to get involved, please email fundraising@arccancersupport.ie

Supports Calendar for December



ARC
CANCER SUPPORT
CENTRES

December Free Supports for You – Available Online & In Our Centres
To register: email info@arccancersupport.ie or call us on (01) 215 0250.

Monthly Zoom Support Groups

Breast Cancer Support Group
Wed 03 Dec: 5:00pm – 6:15pm

Prostate Cancer Support Group

Fri 05 Dec: 10:30am – 11:30am

Gynaecological Cancers Support Group

Wed 10 Dec: 10:45am – 12:15pm

Secondary Cancer Support Group

Wed 10 Dec: 1:30pm – 2:45pm

Weekly Zoom Classes

Mondays
Pilates
12:00pm – 1:00pm

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Wednesdays

Yoga
9:30am – 10:30am

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Thursdays
Mindfulness
2:30pm – 3:30pm

In-house Mindfulness Class

Thurs 2:30pm-3:30pm

Location: in our Eccles Street Centre, please register today.

Breathwork Workshop

Friday - 5th Dec
10.00am to
12.00pm

Eccles Street

Fear of Reoccurrence

5th Dec 2025, 10 am to 12 pm
Workshop

A 2 hour workshop that will help you to **live fully without fear taking the lead**

Location: ARC Cancer Support, 65 Eccles Street, Dublin 7



Merry
Christmas!

Services will pause from Friday 12 Dec and resume on Monday 05 Jan.

While the Drop-in support will still be available from Dec 15th -19th, Mon-Thurs: 10am – 4pm & Fri – 10am-2pm.

We hope you all have a happy and peaceful Christmas and wish you all the best for 2026.

ARC Cancer Support Centres is a registered charity in Ireland.
Registered Charity Number: 20028428

Email: info@arccancersupport.ie Call: 01-215 0250 Website: www.arccancersupport.ie

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[Click here](#) to view and download the December Month Calendar

Upcoming Courses in 2026!! (January/February)

CLIMB® Programme (Children 5–12)

7 sessions | Tuesdays | Starting 20 January 2026 | 4:00–5:15pm (South Circular Centre) Call Now!!

7 sessions | Wednesdays | Starting 28 January 2026 | 3:45–5:00pm (Eccles Street) Call Now!!

Yoga for Emotional Release (Adults)

8 sessions | Thursdays | Starting 14 January 2026 | 12:30–1:30pm (South Circular Centre) Call Now!!

Yoga with Gwendolyn

6 sessions | Mondays | Starting 12 January 2026 | 11:00am | Limited to 10 places (Eccles Street) Call Now!!

EMPOWER: Cancer and Menopause (Adults)

8 sessions | Wednesdays | Starting 17 February 2026 | 10:00am–12:00pm (South Circular Centre) Call Now!!

Stanford Thrive & Survive Programme (Adults)

6 sessions | Fridays | Starting 13 February 2026 | 10:00am–12:30pm (South Circular Centre) Call Now!!

How to Book:

To reserve your place, call (01) 215 0250 or email info@arccancersupport.ie.

You're also very welcome to drop into any of our centres –

Mon–Thurs: 10am–4pm and Fri: 10am–2pm.

Ways You Can Support Us!

Volunteer



Volunteers help us to reach and support those affected by cancer. Volunteering is interesting and varied, full of activity, chat, empathy and laughter. We rely hugely on volunteers to provide many of ARC's services such as helping to manage the drop-in centres, providing pro-bono therapies and services, and volunteering at fundraising events. Click [here](#) to read about our current opportunities at ARC.

If you are interested in becoming a volunteer, please contact our Volunteering Team at info@arccancersupport.ie

If you'd like to hear more about upcoming fundraising activities or other ways to get involved, please contact the Fundraising & Communications Team at fundraising@arccancersupport.ie

Practical Supports



We have a list of practical support contacts on our website. We hope you find them useful. Visit [Practical Supports | ARC Cancer Support Centres](#).

ARC's Video Resources



We have created a Video Resource library for you where you'll find a range of videos that may help you through a difficult time.

- Nutrition & Exercise
- Relaxation, Mindfulness & Meditation
- Self Care & Wellbeing
- Specialist Talks
- Living Well after Cancer

To access the videos visit: [Video | ARC Cancer Support Centres](#)

